

## WHAT IS CLAIMED IS:

1. A composite comprising:  
flax; and  
at least one polymer.
2. The composite of claim 1 wherein said at least one polymer is selected from the group consisting of polyvinyl chloride, high density polyethylene, and polypropylene.
3. The composite of claim 1 further comprising at least one stabilizer.
4. The composite of claim 1 further comprising at least one lubricant.
5. The composite of claim 1 further comprising at least one process aid.
6. The composite of claim 1 further comprising:  
at least one foam modifier; and  
at least one blowing agent.
7. The composite of claim 1 further comprising:  
at least one stabilizer;  
at least one lubricant; and  
at least one process aid.
8. The composite of claim 1 further comprising:  
at least one stabilizer;  
at least one lubricant;  
at least one process aid;  
at least one foam modifier; and  
at least one blowing agent.

9. A composite comprising:
- flax in an amount of about 20-140 parts by weight;
  - a polymer resin in an amount of about 100 parts by weight;
  - at least one stabilizer in a total amount of about 1-8 parts by weight;
  - at least one lubricant in a total amount of about 1-15 parts by weight; and
  - at least one process aid in a total amount of about 1-12 parts by weight.
10. The composite of claim 9 wherein said polymer resin is selected from the group consisting of polyvinyl chloride resin, high density polyethylene resin, and polypropylene resin.
11. The composite of claim 10 wherein said polymer resin is said polyvinyl chloride resin.
12. The composite of claim 10 wherein said polymer resin is said high density polyethylene resin.
13. The composite of claim 9 further comprising at least one inorganic filler in an amount less than about 20 parts by weight.
14. The composite of claim 9 wherein:
- said flax is in an amount of about 110-130 parts by weight;
  - said polymer resin is in an amount of about 100 parts by weight;
  - said at least one stabilizer is in a total amount of about 2-6 parts by weight;
  - said at least one lubricant is in a total amount of about 2-8 parts by weight; and
  - said at least one process aid is in a total amount of about 1-5 parts by weight.

15. The composite of claim 14 further comprising at least one inorganic filler in an amount less than about 10 parts by weight.

16. A composite comprising:

flax in an amount of about 20-140 parts by weight;

a polymer resin in an amount of about 100 parts by weight;

at least one stabilizer in a total amount of about 1-6 parts by weight;

at least one lubricant in a total amount of about 1-12 parts by weight;

at least one foam modifier in a total amount of about 1-20 parts by weight;

at least one process aid in a total amount of about 1-12 parts by weight; and

a blowing agent in a total amount of less than about 2 parts by weight.

17. The composite of claim 16 wherein said polymer resin is selected from the group consisting of polyvinyl chloride resin, high density polyethylene resin, and polypropylene resin.

18. The composite of claim 16 wherein:

said flax is in an amount of about 47-70 parts by weight;

said polymer resin is in an amount of about 100 parts by weight;

said at least one stabilizer is in a total amount of about 2-4 parts by weight;

said at least one lubricant is in a total amount of about 2-6 parts by weight;

said at least one foam modifier is in a total amount of about 1-12 parts by weight;

said at least one process aid is in a total amount of about 1-3 parts by weight;

and

said blowing agent is in a total amount of less than about 1 part by weight.

19. The composite of claim 18 further comprising at least one inorganic filler in a total amount of about 5-15 parts by weight.

20. The composite of claim 18 further comprising at least one weathering additive in a total amount of less than about 12 parts by weight.